

Mannele

Cuisine: **French**

Food category: **Pastry**



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Company: **Retigo**

Program steps

Preheating: **185 °C**

1 Hot air 100 % Termination by time 00:20 hh:mm 180 °C 80 %

Ingredients - number of portions - 8

Name	Value	Unit
All purpose flour	500	g
dried baker's yeast	10	g
powdered sugar	75	g
salt	10	g
sweet butter	125	g
Milk	125	ml
chicken eggs	1	pcs
Egg (for egg wash)	1	pcs

Nutrition and allergens

Allergens: 3

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	40.5 kJ
Carbohydrate	9.3 g
Fat	0.1 g
Protein	0.6 g
Water	0 g

Directions

In the bowl of a stand mixer, combine the egg, milk, sugar, salt, flour, and sourdough starter.

Mix on speed 1 for 5 minutes to obtain a smooth dough.

Knead on speed 2 for 10 to 15 minutes, until the dough pulls away from the sides of the bowl.

Add the diced butter and knead on speed 1 until fully incorporated and the dough pulls away from the sides of the bowl.

Let the dough rest for 1 to 1.5 hours at room temperature (20-25°C/68-77°F), until it has doubled in volume.

Deflate the dough and shape it into a ball.

Place the dough in the bowl, cover with plastic wrap, and refrigerate for 12 hours.

Remove the dough from the refrigerator and Let it rise for 5 to 7 hours.

Fold the dough to release the air and divide it into 70g portions.

Shape the portions using a cookie cutter.

Let the mannele rest at room temperature for 1.5 to 2 hours.

Brush the mannele with egg and bake them.

